

## FRISTON FOREST 4 APRIL 2015

### The Adder (10 miles)

Posn	RaceNo	Name	Time
1	62	Aiden Briffett	01:05:05
2	64	Juhana Kirk	01:06:05
3	88	Barbabas Boross	01:11:55
4	67	Alexander Lyon	01:16:52
5	83	Ben Murray	01:18:02
6	71	Lee Chapman	01:18:14
7	86	Bruce Salter	01:20:09
8	79	Liam Williams	01:20:28
9	76	Ishmael Burdeau	01:26:10
10	74	Daniel Swart	01:27:34
11	82	David Ricketts	01:28:20
12	72	Paul Townsend	01:35:13
13	69	Vicky Paddock	01:41:30
14	84	Roland Baines	01:42:09
15	87	Liz Wilson	01:42:53
16	60	Rachel Wetheridge	01:49:14
17	61	Steve Wetheridge	01:50:04
18	73	Justine Ridgway	01:54:39
19	75	Lani Swart	02:01:56
	85	George Palmer	RETIRED

### The 5 miler

1	117	David Ayling	00:31:46
2	106	Jack Chivers	00:34:40
3	120	Maria Kowal	00:37:58
4	70	Ben Evans	00:40:20
5	114	Kerry Langley	00:44:45
6	111	Aaneen Carstens	00:45:05
7	119	Alvar Forrest	00:48:04
8	80	Amanda Gooch	00:48:16
9	81	Ray Humphrey	00:48:34
10	102	Warren Young	00:51:10
11	104	Gillian Rae	00:52:20
12	118	Kasia Kedra	00:52:28
13	110	Hanlie Swart	00:56:07
14	101	Leannie Harrison	00:59:50
15	99	Keith Briffett	01:01:45
16	66	Chris Procter	01:01:52
17	100	Rod Harrison	01:02:43
18	112	Michael Dee	01:08:14
19	108	Jenny Cobby	01:26:28
20	113	Cynthia Dee	01:28:52
	105	Chloe Wright	DNF
	109	Afeisha Alleyne	DNF